

# ***Smoking and Your Health***

## **Smoking has severe effects on your body and harms most organs.**

- Smoking clogs your arteries and narrows your blood vessels. This hurts blood flow, causing many types of problems. Here are some examples:
  - Erectile dysfunction in men (can't get or keep an erection)
  - Skin wrinkling at much younger ages
  - Peripheral vascular disease (blockages in the legs)
  - Strokes (blood flow to part of the brain is cut off)
- Even for young adults, smokers' heart rates are up to three beats a minute faster than the heart rates of those who don't smoke.
- The poisons in cigarettes travel through the blood to every part of your body.
- Smoking causes heart disease and sudden cardiac death (the heart stops beating).
- If you smoke, you are more likely to get colds and sore throats, and your body won't be able to fight infections as well as a nonsmoker's body can.
- Smokers are more likely to get gum disease and lose teeth.
- Smoking harms your eyes and puts you at higher risk of two leading causes of blindness: cataracts and macular degeneration of the retina.

**You can breathe and move easier, look better  
and greatly improve your health by quitting smoking.  
And we can help you quit.**



# Vermont's Quit Smoking Services

Phone • Local • Online

**The Vermont Department of Health offers these services to help Vermonters double their chances of quitting for good.**

## Free Phone Quit Coaching The Vermont Quit Line



The Quit Line links you with a quit coach who will call you at a time that works for you. Your coach will help you get ready to quit, and will give you tips, advice and support to help you stay quit.

The Quit Line can also link you to a local quit coach or mail out self-help materials.

The Vermont Quit Line can see if you're eligible for free or lower-cost nicotine replacement therapy like patches, gum or lozenges. Call toll free 1-877-YES-QUIT (937-7848) when you want to get ready to quit.



## Local Quit Coaching Ready, Set...STOP Program



Each Vermont hospital has a **Ready, Set...STOP** program that offers one-on-one or group coaching to quit smoking. They can also help you get free or lower-cost nicotine replacement therapy.

When you are ready, call the **Ready, Set...STOP** program (at your local hospital). Or, you can call the Quit Line or go to [www.TobaccoStories.org](http://www.TobaccoStories.org) to find out how to reach a local quit coach.

## Free Online Quit Smoking Service [www.VermontQuitNet.com](http://www.VermontQuitNet.com)



QuitNet.com is the leading online quit smoking resource. More than 60,000 smokers and ex-smokers visit the site every month to quit smoking or to stay quit.

QuitNet gives you advice, tips and other help to succeed. They figure out what type of smoker you are and send e-mails that fit you. The Vermont Department of Health provides free QuitNet access for all Vermonters, a savings of \$100. Join QuitNet at [www.VermontQuitNet.com](http://www.VermontQuitNet.com).

For more info or to share stories, tips and advice, go to [www.TobaccoStories.org](http://www.TobaccoStories.org).

